

**BY ORDER OF THE COMMANDER
30TH SPACE WING**



AIR FORCE INSTRUCTION 10-248

**30TH SPACE WING
Supplement 1**

7 NOVEMBER 2005

Operations

FITNESS PROGRAM (PA)

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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The basic publication has changed; however, the only revisions required in this supplement were made in the date line, OPR line, leadline, supersession line, certifying and approving authorities.

Air Force Instruction (AFI) 10-248, ***Fitness Program***, 24 May 2005, is supplemented as follows: The OPR for this supplement is 30 MDOS/SGOAZ. This supplement implements AFI 10-248 at Vandenberg AFB, CA, and provides additional requirements and guidance for program execution. Additional requirements in the supplement are to be used in conjunction with the basic AFI. The supplement applies to all 30th Space Wing and tenant units with the exception of AETC units. Public Law 104-13, ***Paperwork Reduction Act of 1995***, affect this publication. This supplement requires the collection and maintenance of information protected by the Privacy Act of 1974. Maintain and dispose of records created as a result of the processes described in accordance with Air Force Manual (AFMAN) 37-123, ***Management of Records*** (will become AFMAN33-322 Volume 4), and Air Force WebRIMS Records Disposition Schedule located at <https://afrims.amc.af.mil/rds/index.cfm>. The authority to collect and maintain the records prescribed in this supplement is Title 10, United States Code, Section 8013. Privacy Act system of records notice F044 AF SG N, Physical Fitness File, applies.

1.9.6.1. (Added) Ensures composite score improvement. Tracks by unit the rate of improvement for individuals receiving marginal and poor composite scores. Monitors these individuals until a “good” or “excellent” score is attained and reports to AFSPC/CC individuals who upon retest score “excellent.”

1.9.8. (Added) Offers a base-wide wing run at least quarterly.

1.9.9. (Added) Ensures unit dedication to fitness. Maintains oversight and ensures unit level processes in place to provide individuals scoring at the marginal and poor composite score level have the education, training, encouragement and exercise to improve their score.

1.12.4.1. (Added) Develops squadron fitness policy providing a unit-based program at least three times per week specifying frequency of required individual participation, establishes an incentive program, and

ensures a method is established for enforcing squadron policy. A tracking database is available locally via the web at <https://warfit.vandenberg.af.mil/> for commanders to use at their discretion.

1.12.6.1. (Added) Appoints a primary and alternate male and female to perform all Body Composition Assessments to ensure valid and consistent body measurements. These appointees should also be a PT leader, Unit Fitness Program Manager, or a member of the commander's support section and attend the certification course at the Health and Wellness Center. These individuals must be appointed in writing and appointment letters are to be sent to 30 MDOS/SGOAZ.

1.12.7. Appoints a primary and alternate Unit Fitness Program Manager (UFPM). Units with less than 10 military members may join another squadron in their group for purposes of Unit Fitness Program Management.

1.14.4.1. (Added) Metrics will include data on all marginal and poor status unit members and their rate of improvement.

1.14.5. (Added) Maintains a composite fitness score of 75 or greater.

1.16.6. Maintains a composite fitness score of 80 or greater.

1.20.4.3.1. (Added) Ensures PT leaders maintain a composite fitness score of 80 or greater by conducting and recording their initial and annual fitness assessments. The initial assessment is administered in conjunction with the PT leader certification course, regardless of when the member's last assessment occurred.

1.20.7. (Added) Reports/briefs unit fitness metrics quarterly to the 30 SW/CC at the Team V Standup or similar venue.

1.23.1.1. (Added) May also administer the other fitness assessment components to the member, thus reducing the amount of time the member is away from their duty station.

3.1.1. (Added) A composite score of 75 represents the VAFB minimum for accepted health, fitness, and readiness levels. However, Airmen receiving a score of at least 70 will not be subject to administrative action in accordance with Attachment 13.

3.4.4. (Added) Regardless of fitness level, members may only re-test once every 45 days.

5.3.2.1. Required for all members receiving composite fitness score less than 75; must attend within 10 duty days of completing the HLW and document all classes on AF Form 108, ***Physical Fitness Education and Intervention Processing*** IAW Paragraph 8.4.1.

5.3.2.5. While on FIP the member will participate in monitored aerobic exercise at the base fitness center or with a trained PT leader four to five times a week.

5.3.2.6. The Fitness Center staff will provide each FIP member with a programmed heart rate monitor. Members are required to maintain their heart rate within their target heart rate zone (as determined by the Exercise Physiologist and annotated on the AF Form 1975, ***Fitness Improvement Activity Log - Aerobic Training-Strength Training*** at the member's initial FIP class) for a minimum of 30 minutes.

5.3.2.7.1. All FIP participants must have their AF Form 1975, signed/validated by a member of the Fitness Center staff or a unit PT leader at the end of each exercise session.

8.6. Forms Adopted: AF Form 108, ***Physical Fitness Education and Intervention Processing***, AF Form 1975, ***Fitness Improvement Activity Log - Aerobic Training-Strength Training***.

A8.2.2. In order to assure the safety of runners and to obtain accurate scores, PT leaders will monitor no more than 15 members at once.

A8.2.4.1. (Added) The Health and Wellness Center is the point of contact regarding current testing locations, guidelines and procedures.

A8.3.19. (Added) Unit PTLs or commanders that require assistance evaluating the environmental conditions in **Attachment 8** for their fitness assessments may contact the 30 WS/DOO at 606-8022.

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